

Life Reset

author: Foojan Zeine

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Synopsis

author	Foojan Zeine
readBy	Catherine O'Connor
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Have you ever wished you could just wake up one day, reach across your nightstand and hit the Life Reset button? Let's face it. The struggles and frustrations of everyday life leave millions of women and men around the globe yearning for a new way. Awareness Integration is a new model in the field of psychology synthesizing concepts from cognitive, behavioral, emotional, and body-mind theories that offers an opportunity to choose and reset life. This model enhances self-awareness, increases self-esteem, releases psychological blocks, heals emotional wounds, and reduces anxiety and depression. It promotes a clear, realistic, and positive proactive attitude for learning and implementing new skills for an effective, productive, functional, and fulfilling life.

The hunger for more satisfying relationships, more fulfilling careers, a release of stress and anxiety, and the freedom to be who we really are in our hectic and disconnected culture has become paramount for anyone seeking the best they can be. *Life Reset* offers a comprehensive resource for re-envisioning and rebuilding your life. This accessible, hands-on guide escorts listeners through the steps of the time and trial-tested Awareness Integration Model.

Life Reset takes listeners on an interactive journey with 12 simple open-ended questions to promote self-awareness. This guided process, designed to facilitate healing past traumas and removing blocks related to the seven major areas of life, is supported by the author's instructions, guidance and real life examples. Listeners visit crucial areas of their lives, examining relationships they have with friends and coworkers, parents, siblings, partners, and children.

Life Reset is about creating a depth of awareness, understanding, acceptance, responsibility and accountability toward the way we think, feel, and act toward ourselves and others, owning the impact of our attitudes in the worlds we create, healing the past that is creeping constantly into our present, and creating an intention with goals to create a fulfilled and joyous life from here

on out.</p>

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